

Heart-Healthy Eating

Love Your Heart With Every Meal



A Heart-Healthy Diet: It's Easier Than You Think

The foods you eat play a big role in high cholesterol, high blood pressure and weight gain, which all work against good heart health. You don't need to change everything you eat at once. Take one step at a time and you'll soon be eating well — and looking and feeling better too.

Do any of these reasons keep you from eating right?

- ❖ I don't want to give up the foods I love.
- ❖ I'm busy. Cooking healthy meals takes too much time and effort.
- ❖ I don't know how to make healthy choices.
- ❖ I need healthy food ideas the whole family will enjoy.

- 4-Step Plan for Heart-Healthy Eating
- Dish Out Proper Portions
- Healthier Fats
- Nutrition Label Know-How
- Smart Substitutions
- Plans Proven to Help



One of the best ways you can boost your heart health (and reduce your risk of heart attack and stroke) is to love your heart with every meal.

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3 Healthier Fats, Less Sodium

One important way to keep your heart healthy is to choose fewer foods that contain saturated and trans fats, such as butter, lard, cream, shortening, fatty meat, processed foods and deep-fried items.

Add heart-friendly polyunsaturated (including omega-3 fatty acids) and monounsaturated fats to your diet. **Ideas:** Cook with olive or canola oil instead of butter or margarine. Eat fish such as cold-water salmon at least twice a week.



Heart-Healthy Eating Plan

1 More Fruits and Vegetables

Aim for at least 2 cups of fruit per day and 2½ cups of vegetables per day.

Ideas: Make sure that you have vegetables or fruit with every breakfast, lunch, dinner and snack. Have a salad blend of romaine lettuce and leaf spinach at lunch. Keep a bowl of colorful fruit within easy reach for snacks.

Tip: One serving size of a fruit or vegetable is about the size of a tennis ball, so getting your daily servings (the more, the better) is easy.

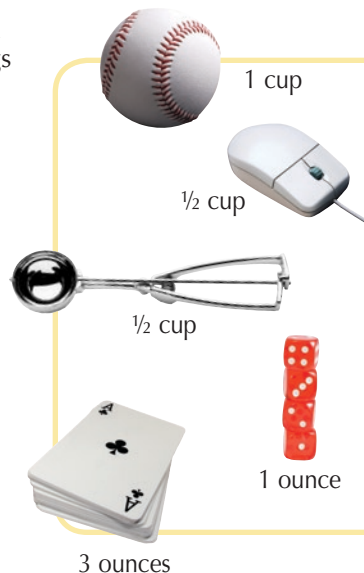


2 Dish Out Proper Portions

With today's super-sized portions and convenience foods, it's easy to overeat. Visualize a single serving with these images:

- **Ping pong ball:** 2 tablespoons peanut butter
- **A standard deck of cards:** 3 ounces of meat (lean beef, pork and chicken)

Best? Eat smaller amounts. Use a measuring cup for foods such as cereals, cooked pasta and rice.



More great ideas on the next page.

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Check and Learn From Food Labels

Key Areas to Compare

- **Calories** per serving.
- **Fats:** Choose foods that get less than one-third of their calories from fat.
- **Sodium:** Pick products with the lowest sodium (salt) content per serving (aim for 140 mg or less) by checking nutrition labels.
- **Fiber:** Get at least 25-38 grams per day.
- **Sugars:** Watch for high amounts of added sugar. Sugar may be listed as high-fructose corn syrup, sucrose or glucose. Sugar found naturally in fruit and unflavored dairy is not considered added sugar.



Heart-Healthy Substitutions

Start With Simple Swaps

Instead of:

Refined grains (white bread, flour, rice, pasta)

High-fat beef and other meats

Fatty, salty or sugary snacks (crackers, chips, cookies, candy)

Fatty, salty condiments

Try these:

Brown rice, oats, pot barley, quinoa, millet, oats, whole-grain pasta, whole-grain rye

Lean meat, chicken, turkey, fish, tofu, low-sodium canned or dried beans such as lentils, chickpeas or kidney beans

Berries, grapes, fat-free yogurt, reduced-fat whole-grain crackers, baked tortilla chips, plain popcorn

Vinegars (balsamic, cider, or red or white wine), herbs and spices, assorted mustards



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More Heart-Healthy Food Tips:

❖ **Snack smart.**

Healthier snacks include fruit, raw vegetables, fat-free yogurt and whole-grain, low-sodium crackers.

❖ **Add nutrient-rich foods.** Try a new recipe that includes natural, whole foods such as mushrooms, colorful peppers, crunchy cabbage, sweet strawberries, creamy sweet potatoes, brown rice or juicy melon.



Plans Proven to Help

Dietary Approaches to Stop Hypertension (DASH) Diet

Studies have shown that adults following the DASH program lowered their blood pressure dramatically, with better results than those achieved with other eating plans. DASH minimizes unhealthful fats, cholesterol, sodium, sweets and added sugar. It's rich in potassium, magnesium, calcium and protein.

Mediterranean Diet

The Mediterranean Diet describes the eating approach favored in countries bordering the Mediterranean Sea, including Greece, Italy, Morocco, Spain and Turkey. In these countries, rates of chronic disease and premature death are among the lowest in the world. Evidence points to diet as the common factor. This eating plan emphasizes plant-based foods — fruits, vegetables, whole grains, olive oil, seeds, nuts, beans and legumes. Fish and poultry are eaten at least twice a week and red meat is limited to a few times a month.

